

# The Song of Paldarbom

(duet)

from the *Mila Grubum*  
Tibetan, 11th century

*Slow, rubato* ♩ = 68 (approx.)

**Singer 1:** I can con-temp-late the sky, but clouds make me un - eas - y. \_\_\_\_\_  
**Singer 2:** I can con-temp-late the sea, but waves make me un - eas - y. \_\_\_\_\_  
**Both:** I can con-temp-late my mind, but thoughts make me un - eas - y. \_\_\_\_\_

Mi - la - re - pa, tell me how to med - i - tate on clouds?  
 Mi - la - re - pa, tell me how to med - i - tate on waves?  
 Mi - la - re - pa, tell me how to med - i - tate on thoughts?

**Both:** "If the sky's as eas - y as you say, \_\_\_\_\_ clouds are just the sky's \_\_\_\_\_  
 "If the sea's as eas - y as you say, \_\_\_\_\_ waves are just the sea's \_\_\_\_\_  
 "If your mind's as eas - y as you say, \_\_\_\_\_ thoughts are just the mind's \_\_\_\_\_

play. Let your mind stay \_\_\_\_\_ with - in the sky."  
 play. Let your mind stay \_\_\_\_\_ with - in the sea."  
 play. Let your mind stay \_\_\_\_\_ with - in your mind."